



Dinner Plate Back

OVERVIEW

COMMENTS



Russel Orhii

Powerlifter & bodybuilder

LENGTH

4 weeks

① **DB Rows**  2  
15-15 reps

② **Barbell T-Bar Row**  4  
12-10-8-6 reps

③ **Wide Grip Lat Pulldown**  4  
10-10-10-10 reps



④ **Close Grip Lat Pulldown**  4  
10-10-10-10 reps

⑤ **Close Grip Cable Rows**  3  
12-12-12 reps

⑥ **Row Machine**  4  
10-8-6-4 reps

⑦ **Hammer Curls**  4  
10-10-10-10 reps

⑧ **Spider Curls**  4  
12-12-12-12 reps

⑨ **Wrist Curls**  
20 reps



Swipe to complete